	Nutrition Education Lesson
	Kindergarten (TL-K-3)
Nutrition	This lesson is designed to increase students' knowledge of the health benefits of vitamin C and the foods that contain it.
constructs	
Iowa Core	W.K.2 – Use a combination of drawing, dictating and writing to compose informative/explanatory texts in which they name what they are writing
	about and supply some information about the topic.
Supplies	Physical Activity Card Set (provided), paper and crayons Time 20-30 minutes
needed	Optional: glue, construction paper, safety scissors, images of foods containing vitamin C, pictures or examples of required
	shields.
Before the	Draw a picture of a shield on the board or have some images available to show students. Read through the activity below and determine if your
lesson	students would benefit from a word bank on the board.
Lesson	1. Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong.
	2. Today we're going to learn about some things we can eat that are good for our bodies. These are like super hero foods that keep us strong and healthy. Vitamin C helps our immune system. Does anyone know what the immune system does? It keeps us from getting sick and helps us heal when we get a cut or scratch. It is important to keep your immune system strong to be healthy. Think of it like a suit of armor! Does anyone know of a food that contains vitamin C? Vitamin C is in oranges, peppers, papaya, strawberries, broccoli, cantaloupe and kiwi as well as other fruits, veggies and 100% juice.
	 3. Direct students' attention to the shield picture. Ask students if they know what shields do? Direct students in creating shields that show how vitamin C protects them. Each shield should include: A title using the term "vitamin C". A picture of one of the foods containing vitamin C. A picture showing what vitamin C does for our bodies Add expectations of words and other components to suit your class' needs and routine.
	4. When students finish, use a paper clip to fasten their shield to their shirt and review how their vitamin C shield helps protect them. Another option is helping students create a loop of paper on the back of the shield so they can hold it on their arm like a super hero.Follow up: This week when you read the lunch menu to students, ask them to identify the foods that contain vitamin C.
	option is helping students create a loop of paper on the back of the shield so they can hold it on their arm like a super hero.